

I. POLICY:

The Ketchikan Regional Youth Facility (KRYF) provides nutrition and physical fitness education to all residents.

II. RESPONSIBILITY:

The Superintendent is responsible for providing an environment supportive of maintaining healthy nutrition practices and daily physical activities to promote and protect resident health, well-being, and learning opportunities.

III. PROCEDURE:

- A. Planning and Periodic Review by Stakeholders – An advisory group will assist in developing, implementing, monitoring, reviewing and, as necessary, revising nutrition and physical activity goals.

B. Nutrition:

KRYF staff and Ketchikan Gateway Borough School District (KGBSD) teachers will provide health curricula on nutrition and the benefits of maintaining a healthy diet.

Residents will be provided with access to a variety of nutritious and appealing foods to meet the health and nutrition needs of youth.

The facility will accommodate, as much as possible, the religious, ethnic, and cultural diversity of the residents in meal planning.

The facility will provide clean, safe, pleasant settings and adequate time for residents to eat.

All foods available in the Residential Child Care Institution (RCCI) Program shall be served to residents with consideration for promoting student health and reducing childhood obesity.

Foods and beverages provided through the National School Lunch and School Breakfast Program (NSLP) shall comply with federal nutrition standards under the School Meals Initiative. To the maximum extent practicable, this facility will participate in available federal school meal programs.

Foods or beverages used as incentives (treats) for academic performance or good behavior must meet healthy nutrition practices.

Food or beverages will not be withheld as a punishment.

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Traditional and cultural foods may be exempt from the food standards described for educational and/or special school events.

C. PHYSICAL ACTIVITY

KRYF staff shall strive to allow residents the opportunity for moderate physical activity each day; before, during and after school. Unless limited by clearly identified safety and/or security concerns, KRYF staff will provide opportunities for residents to get 60 minutes of physical activity (large muscle activity) every day; whether as part of an organized P.E. class or through other structured activity before, during, or after school opportunities. KRYF staff will encourage residents to participate in sports activities and structured exercise as a way to promote physical activity.

KRYF staff and Ketchikan Gateway Borough School District (KGBSD) teachers will provide health curricula. Such curricula will include instruction on the benefits of regular physical activity and the impact physical activity provides in preventing chronic diseases and maintaining a healthy lifestyle.

KRYF staff will discourage extended periods of inactivity.

KRYF staff, KRYF volunteers, or KGBSD Teachers will not impose physical activity (e.g. running laps, pushups) or withhold physical activity opportunities (e.g., recess, physical education, physical activity breaks) as punishment.

Opportunities for indoor and outdoor physical activities will be available at the facility.

D. COMMUNICATION WITH PARENTS

KRYF staff will communicate with parents to provide a healthy diet and physical activities for their children. Such communication may include sharing information during a phone call, during a visitation session, and/or via a letter.

APPROVED BY: Carla Leveque, Superintendent	Supersedes Policy Number: N/A
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